Mindfulness Meditation Stimulated by Mid-Air Haptic Feedback
Mindfulness. Traditional approaches
What it is all about

![Mindfulness parts](https://student.unsw.edu.au/mindfulness-and-meditation)

Figure 1. Mindfulness parts

![Consequences of mindfulness state](https://student.unsw.edu.au/mindfulness-and-meditation)

Figure 2. Consequences of mindfulness state

Source: https://student.unsw.edu.au/mindfulness-and-meditation
Our method
What we have done

When the palm speed is in a normal range, the haptic circle increases up to the palm size.
Measurements. Analysis
Why it works

Figure 3. Intervals between normal beats

Figure 4. Comparison of traditional and our meditation methods

RMSSD values change after meditation (in ms.)

- without Ultrahaptics
- with Ultrahaptics
Future work. Applications
What can be done

Figure 5. EEG sensor “MindWave Mobile 2”
Source: https://store.neurosky.com/pages/mindwave

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Figure 6. Meditation in busy environment